

What Determines Fitness?

Process and Procedures

Part A: Looking at Physical Activity

Date

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1. Fill in the Physical Activity data table for at least **7 days**.

2a. How do you think your personal physical activity level compares with that of a typical student in your class?

2b. How do you think your personal physical activity level might compare with that of Captain Yates?

4. Copy the activity level profile for your class.

4a. Summarize the physical fitness activity level of your class.

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Part B: Looking at Diet

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1. Attach worksheet.